

- 13s v SACS 10am (H)
- 14s v SACS 11am (H)
- 16s BYE
- 1<sup>st</sup> XV v SACS 12pm (H)

- 9s v Newington 9am (H)
- 11s v Coogee 10.20am (A)
- Prep 1<sup>st</sup> XV v Riverview 9am (A)



ISA  
Round 10 v St Andrews  
Cathedral College  
Saturday 5<sup>th</sup> August  
At CCGS

Prep Rugby  
9s at Home  
11s at Koola Park  
1st XV at Primrose Park

## RUGBY CONVENOR

### Senior Rugby Results vs Redfield College

Last Saturday, our senior teams travelled to Bowral to play Chevalier in the final away game for 2017. The 13s started strong in their match by scoring first in their match, but soon fell behind their opponents who quickly gathered momentum and were never headed in the match after taking the lead. The 14s match could have gone either way, with both teams replying on the scoreboard after being scored against through the game. This was a high quality match and the first time this year that the Chevalier 14s have been tested by a team. Well done boys.

The 16s match was another high quality game with our CCGS boys giving it their all against the unbeaten Chevalier team. With play swinging from end to end, it was Chevalier who made the most of scoring opportunities to run out the winner on the day. The 1st XV match was a fierce contest with both teams squandering scoring opportunities throughout the match. Our boys have struggled this year at times but showed great character in this match to stay in touch on the scoreboard till the final stages of the match but Chevalier deserved their win.

This Saturday we host St. Andrew's Cathedral School in the final round of the competition. Good luck to all teams.

#### **Note for the diary:**

Rugby Presentation Night Wednesday 30th August 5.30pm for Prep, 7pm for Seniors

#### **Link to ISA Rugby page for the results table:**

<http://www.isa.nsw.edu.au/winter-sports/rugby/>



## CCGS 1<sup>st</sup> XV

### CCGS 1<sup>st</sup> XV 5 defeated by Chevalier College 21

Our boys hit the road for the last time this season to play Chevalier College this weekend. We were excited and keen to replay this team after our last game with them. The Year 12 boys were particularly switched on and looking for a good solid game of rugby. However, in the first 1 minute of the game, a champion of rugby at CCGS, Kross Brennan, went down with a neck injury and the game came to a halt. Whilst we awaited the ambulance to take Kross off for checking, the game was transferred to another field and it was decided to play to 25 minute halves. This rattled our boys a bit and Chev got out to an early lead scoring 2 tries and lead at half time 12 – nil.

The second half saw a determined CCGS lift and we crossed their line to post our first and only try scored by a newest import Anso Liu. The rest of the game continued in great spirit however Chevalier finished the game on top with a 21-5 victory.

This team has been plagued with injuries throughout the season and it is a credit to the players to continually play with the passion and desire under such diversity. Many of the boys have had to play in positions that they are not use to and they have done so well.

We host St Andrews in our final game for the season and we would like to invite as many people along to watch our Year 12 players play their very last school game of rugby and hopefully sing our school rugby song.

Bil Kensey  
Coach



## CCGS 16s

### CCGS 16s 7 defeated by Chevalier College 29

On the coldest morning many have had to endure, our game with Chevalier was a one of the best the boys have played. They went out with passion and the opposition knew there was contest. Both sides played open Rugby from one end of the field to the other exploring the weaknesses of the other. Very few were found and by the end of the first half the score was one try to us, with Chevalier having scored two. 7 to 10.

The second half saw a change in our structure and shape. A number of small mistakes allowed Chevalier to extend their lead and even though the boys came back towards the end of the second half, their effort was not rewarded.

Practice and Vision will be the main foci as we head into the Semi Final on Saturday week 12th August at Oakhill College Castle Hill.

There will be some changes to the game plan and all players are expected to be at every practice between now and then. The Team Aim is to win the next two games. Now is the time for every boy to step up and show his ability.

Try: Harrison Mogg. Goal: Max Gordon

Richard Thomas  
Coach



## CCGS 14s

### CCGS 14s 22 defeated by Chevalier College 29

The match against the previously unbeaten Chevalier College team was a high quality match. Chev scored first with a break made through the mid field. CCGS struck back almost immediately with Jacky McCormack scoring another long range try out wide in the 6th minute. Chevalier struck back almost immediately once again with some missed tackles evident from our boys. The play continued to roll from end to end as both teams dug in to deny further points until Chevalier scored once again in the 18th minute to take the lead 15-5. Our boys never gave up competing hard at the breakdown and were rewarded with a try out wide to Noah Stewart in the 22nd minute reducing the Chevalier lead to 5 points at the break.

The second half was high quality rugby from both teams and Chevalier were rewarded with a try in the 28th minute which was converted. Our boys struck back with Sam Millard making a strong break in the midfield and racing thirty metres to score under the posts. Seb Plummer converted the try and it was back to a 5 point ball game. The final minutes of the game was tense, with Chevalier scoring a converted try out wide. Our boys needed to strike back immediately, and did so with great purpose with a second try to Noah Stewart on the back of a fantastic rolling maul near the line. This was the final score in the match.

Well done boys, you pushed the scoreboard leaders all the way and nearly stole the game. If we tidy up our defence in future matches anything is possible this year. We need to ensure we are using shoulders only in tackles.



## CCGS 13s

### CCGS 13s 21 defeated by Chevalier College 52

A cool morning greeted the team at Bowral. We started in fine fashion. A quick turnover to Alex Power from the kick off resulted in a try to Tom in the opening minute. From here, Chev put themselves back into the match with two quick tries. The game went back and forth for the majority of the first half. A lack of tackling was our worst enemy and this gave the opposition too much space and confidence. We had several good phases of pressure with good play from Power, Pulbrook, Oscar, Tom and Lochi. We went into half time trailing 19-7.

The team started well in the second half. Consistent pressure and great pressure at the break down resulted in a try to Lachlan. The conversion from Alex Pulbrook put us back in the match. This was a short lived fightback, with Chevalier's powerful and evasive running, proving too much for the boys in defence. The opposition kicked away to a healthy lead. At some stages, Grammar showed that they had the ability to match the opposition, but errors and a lack of consistency made it difficult to apply pressure to the score board. Late in the second half, following terrific lead up and good phase play, Tom crossed for his second try. This put a little more respectability into the result.

This Saturday we play St Andrews at home. This will be our last game before the finals.

Burke 2, Pulbrook tries; Pulbrook 3 conversions

Blake Berczelly  
(Coach)



## Prep Rugby Convenor

**CCGS Prep First XV 46 defeated St Ives 29**

**CCGS Under 11s 40 defeated St Ives 12**

**CCGS Under 9s 5 defeated by The Scotts College 35**

CCGS Prep Firsts Win the Catholic and Independent Schools  
Rugby Union 10-aside Gala Day!



In a fantastic result for CCGS Prep Rugby the Prep Firsts squad won the Catholic and Independent Schools Rugby Union 10-aside Gala Day on Thursday 27th July. Unfortunately, not all squad members were able to participate on the day but those who did, were a credit to the School in terms of skill, determination and attitude. Two teams of 10 were entered, with replacement players, Lochie Loadsman and Chase Harvey added to the roster to replace those who were unavailable.

One of the teams were entered in the A Division and the other in the B Division with one finishing 4th and the other 1st which was an amazing combined result. Both teams showed impressive skill and determination and all players should take credit for the overall victory. CCGS played some bigger, stronger teams but in the end their superior Rugby skills and composure provided the recipe for success. Congratulations go to the following players:

Shamus Betts, Toby Burns, Will Funnell, Jonty Gleeson, Barney Irvine-Rundle, Lucca Mare, Lochie McLelland, Harrison McGarry, Nick Moroney, Angus Muma, Zac Nicholson, Noah Owens, Zak Pearce, Bowen Pursehouse, Logan Radford, Finn Romain, Jack Todd, Ben Wilson, Lochie Loadsman, Chase Harvey

### **Note for the diary:**

Rugby Presentation Night Wednesday 30<sup>th</sup> August 5.30pm for Prep, 7pm for Seniors

Luke McLoughlin  
Prep Rugby Convenor

## CCGS Prep 1<sup>st</sup> XV

### CCGS Prep Firsts 46 defeated Sydney Grammar St.Ives 29

Fresh of a wonderful victory in the Catholic and Independent Schools Rugby Union 10-aside Gala Day on Thursday, the Prep Firsts arrived on CCGS Rugby No. 1 on Saturday brim, full of confidence. The only problem was that the squad was heavily depleted due to injuries and unavailability. This didn't stop the team putting on a show, though, as the team moved the ball beautifully to score several spectacular tries in a highly entertaining game that went end to end.

Early on, Sydney enjoyed a glut of possession and they opened the scoring when their centre crossed for a converted try. However their lead was brief as CCGS came back with four five pointers of their own. The first came when Harrison McGarry nipped over, following strong rucking from the entire pack of Finn Romain, Bowen Pursehouse, Lochie McClelland, Will Funnell, Zac Nicholson and Nick Moroney. Then came a try to fly half Lucca Mare, who showed good pace to skirt the defence. Following this, Jonty Gleeson latched onto a well-timed pass from Mare to surge 30 metres and score. Then came the most spectacular try of the game. Fullback and kicker, Toby Burns reefed a beautifully measured kick down the right side for Gleeson to flash on to it and streak away again. The try tally could have been greater except for a last ditch tackle that cut Logan Radford's 40 metre run just short of the line. Coach, Jason, was seen to punch the air at this one! The backs were really flowing with precision passing setting up raid after raid. But the forwards should not go unacknowledged. Will Funnell was having a stormer and Nicholson and McClelland were providing handy support. Sydney scored again to make the score, at the break, 24-14. The edict at half time was to start the second stanza well and this happened when Romain scattered defenders like nine pins to power over under the posts. From this point on the game really opened up with the two sides banging on five tries between them, of which stand in centre, Zak Pearce scored three! The best came when McGarry shaped to pass from the scrum to the open side but then switched it to the blind for Pearce to take the ball and literally sizzle down the left touch line and run around behind the posts.

Well done boys! Once again, you showed great resolve when the pressure was on. Your defence, close to your line, including strong efforts by wingers Jack Todd and Ben Wilson was excellent. It was a great result to win in such style, after the Gala Day two days before and a depleted squad.

Pearce 3, Gleeson 2, McGarry, Romain, Mare tries. McClelland 3 goals

Steve Dunstan



## CCGS Prep 1<sup>st</sup> XV

### CCGS Prep Firsts Win the Catholic and Independent Schools Rugby Union 10-aside Gala Day!

In a fantastic result for CCGS Prep Rugby the Prep Firsts squad won the Catholic and Independent Schools Rugby Union 10-aside Gala Day on Thursday 27th July. Unfortunately, not all squad members were able to participate on the day but those who did, were a credit to the School in terms of skill, determination and attitude. Two teams of 10 were entered, with replacement players, Lochie Loadsman and Chase Harvey added to the roster to replace those who were unavailable.

One of the teams were entered in the A Division and the other in the B Division with one finishing 4th and the other 1st which was an amazing combined result. Both teams showed impressive skill and determination and all players should take credit for the overall victory. CCGS played some bigger, stronger teams but in the end their superior Rugby skills and composure provided the recipe for success. Congratulations go to the following players:

Shamus Betts, Toby Burns, Will Funnell, Jonty Gleeson, Barney Irvine-Rundle, Lucca Mare, Lochie McLelland, Harrison McGarry, Nick Moroney, Angus Muma, Zac Nicholson, Noah Owens, Zak Pearce, Bowen Pursehouse, Logan Radford, Finn Romain, Jack Todd, Ben Wilson, Lochie Loadsman, Chase Harvey



## CCGS 9s

### CCGS 9s 5 defeated by The Scots College 35

A solid week of practice with a focus on improving our skill set at the 'breakdown' saw the U9's prepared to play a good game of rugby against TSC. A warm welcome from Scots saw the match start with a high kick off skilfully fielded by Isaac Curtis. Isaac returned the kick with a speedy run stepping off his right foot, followed by a left step and another right foot step beating three Scots defenders. Sam Jones followed up with a strong and straight run forcing the Scots team to scramble in defence. He continued this energetic effort throughout the game. Good clean outs by Jack Phyland and Lukas enabled CCGS to regain the ball. Macauley, Jack Gray and Christian also worked with positive intent in the breakdown zone.

Ethan showed his versatility playing in the front and second row and played a good game. Auden and Cato made a impacts with their ball running and Lewis worked tirelessly all game. Jonah consistently provided crisp and clean passes to Isaac who constantly threatened the TSC line and passed well to Lucas, Max, Sam Mathews and Aidan who attacked every opportunity. Asher worked hard in defence and supported his team in attack. Scots competed well at the breakdown, applied constant pressure, tackled hard and made the most of the ball. Max, Jonah, Jack Gray and Isaac committed to the tackle contest and hard running with the ball.

The second half started with a high and long kick from CCGS and this action signalled an increase in energy and intent from the CCGS side. Strong tackles and hustle in the clean out from Lukas, Sam Matthews, Max, Sam Jones, Jonah and Isaac created a great contest. Lukas, Cato, Lewis and Christian made valuable runs. Isaac swooped and scooped up a dropped ball from Scots and sped to the try line for a good team try.

CCGS learned the importance of constantly competing at the breakdown, keeping the ball, completing tackles and communicating in attack and defence. The U9 boys displayed positive character strengths of grit, discipline, determination, team work and a never give up attitude. The level of respect the boys show to each other, opposition players and the referee is commendable. CCGS parents and coaches are very proud of this tough and skilful squad of young rugby players and we love watching you play each week.

Try Scorer: Isaac Curtis

Coach J Cummins



## CCGS 11s

### CCGS 11s 40 defeated St Ives 12

On Saturday the CCGS 11 Years Rugby Team enjoyed another successful day out in St Ives representing our great school. We have been training very well and enjoying our best season ever and we were looking forward to another great game this week. To our surprise, we didn't start too well this week. St Ives easily moved the ball forward and scored two simple tries inside the first 10 minutes. We were a little confused when the referee was saying "hands off green", and in the heat of the battle we kind of thought this meant don't clean out at all! It was a little silly but we should have known the referee didn't really mean "hands off". While the St Ives kicker was lining up his second shot at goal the referee kindly came to us to make us clear on his instructions. He explained he meant "hands off the ball green" and also suggested that we need to clean out rucks without standing back. So with this clarification, and the injection of a fired up Flynn Jones onto the field, we began to play our normal style of aggressive rugby and during the remaining 30 mins of play we outscored St Ives 8 tries to 0 and won well after some great team play. It was a relief to our parents and particularly to our coaches! Winning is not the most important thing - but playing fair and to our potential must be very close to being the most important. And this is what we did.

Max Murray was unstoppable after we began to ruck our way down the field. Max scored 4 tries in total including one basketball intercept style try when St Ives were put under pressure. Flynn Jones made an enormous difference to our energy and execution in defence when he came on and was rewarded with a length of the field try from a St Ives kick off. Oscar Fort scored a speedy try which was an example of his excellent play over the last 2 weeks. Oscar got another great team try later in the game after supporting the increasingly hard to tackle Isaac Wasiliev. Isaac also scored a great try and was unlucky not to add another to his tally after receiving a great pass from Flynn. Our Year 4 friends and team mates Brady and Alex played great again and showed they are not shy to come into the middle to do the hard work (which can be a lot of fun too). Harrison Britten tackled well and made some great charges at the edge of the ruck. Maison Patrick was excellent in defence at outside centre by coming up off the defensive line to make tackles and even force a few errors. Casper Mudge and Hunter Curtis are forming a great halves combination and showed this again on Saturday by linking up cleverly.

All players were strong and skilful in an amazing 30 minutes of rugby. Well done boys ! A sensational way to finish the regular season after such a successful 2017. We have the 7 a side competition this week to celebrate a season full of effort and achievement. Well done boys !

Brian Rees



**Round 10**

**Central Coast Grammar School Rugby**

**ISA Rd 10v St Andrew’s Cathedral College**

**Saturday 5<sup>th</sup> August.**



<b>CCGS Team</b>	<b>Opponent</b>	<b>Venue</b>	<b>Time</b>
<b>1<sup>st</sup> XV</b>	<b>SACS 1<sup>st</sup> XV</b>	<b>CCGS Rugby 1</b>	<b>12.00pm</b>
<b>16 s</b>	<b>BYE</b>	<b>*</b>	<b>*</b>
<b>14 s</b>	<b>SACS 14s</b>	<b>CCGS Rugby 1</b>	<b>11.00am</b>
<b>13 s</b>	<b>SACS 13s</b>	<b>CCGS Rugby 1</b>	<b>10.00am</b>

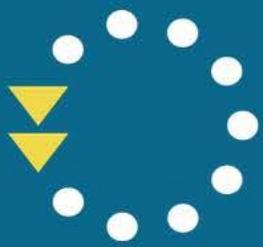
## CCGS SENIOR RUGBY DRAW & IMPORTANT DATES 2017 SEASON

DATE	TYPE	OPPOSITION	VENUE	NOTES
<b>TERM 1</b>				
Mon - Wed				
<b>12<sup>st</sup> March – 15<sup>th</sup> March</b>	Incoming Tour	Collingwood School (Canada)	CCGS	16s & 1 <sup>st</sup> XV (Host Families required x 3 nights) for 44 Boys
Saturday				
<b>25<sup>th</sup> March</b>	ISA Division 2 Gala Day	ISA Division 2 various	Bowral	1 <sup>st</sup> XV
Wednesday - Sunday				
<b>19<sup>th</sup> April – 23<sup>rd</sup> April</b>	Victorian Tour	Melbourne Schools	Melbourne	1 <sup>st</sup> XV Squad
<b>TERM 2</b>				
Saturday				
<b>29<sup>th</sup> April</b>	ISA Rd 1	All Saints College	CCGS	
Saturday				
<b>6<sup>th</sup> May</b>	ISA Rd 2	Oxley College	CCGS	
Tuesday				
<b>9<sup>th</sup> May</b>	ISA Rugby Trials	(16s and Opens invitation only)	Oxford Falls	Private Transport
Saturday				
<b>13<sup>th</sup> May</b>	ISA Rd 3	Redfield College	Dural	Private Transport
Saturday				
<b>20<sup>th</sup> May</b>	ISA Rd 4	Chevalier College	CCGS	
Saturday				
<b>27<sup>th</sup> May</b>	ISA Rd 5	St. Andrew's Cathedral School	Sydney University	Private Transport
Saturday				
<b>3<sup>rd</sup> June</b>	ISA Rd 6	Al Saints College	Bathurst	Bus Transport
Sunday				
<b>4<sup>th</sup> June</b>	ISA Rep Rugby Training,	(16s and Opens)	BMGS	Private Transport
Saturday				
<b>17<sup>th</sup> June</b>	ISA Rd 7	Oxley College	Bowral	Bus provided
Sunday				
<b>18<sup>th</sup> June</b>	ISA Rep Fixtures	Pittwater Rugby Park	Narrabeen	
Thursday				
<b>22<sup>nd</sup> June</b>	Hunter Valley Grammar School Sports Day		CCGS	Opens, 16s, 14s
Fri, Sat, Sun				
<b>23<sup>rd</sup> – 25<sup>th</sup> June</b>	NSWSRU Rep Trials	Knox Grammar School		
<b>TERM 3</b>				
Saturday				
<b>22<sup>nd</sup> July</b>	ISA Rd 8	Redfield College	CCGS	
Saturday				
<b>29<sup>th</sup> July</b>	ISA Rd 9	Chevalier College	Bowral	Bus provided
Saturday				
<b>5<sup>th</sup> August</b>	ISA Rd 10	St. Andrew's Cathedral School	CCGS	
Saturday				
<b>12<sup>th</sup> August</b>	ISA Division 2 Semi Finals		Oakhill College	Private
Saturday				
<b>19<sup>th</sup> August</b>	ISA Division 2 Finals		Oakhill College	Private

**Presentation Night (TBC)**  
**Wednesday 30<sup>st</sup> August**

- **CCGS Hall**

**JS – 5.30pm to 6.45pm**  
**SS – 7.00pm to 9.00pm**



# COASTSPORT

PHYSIO + SPORTS MEDICINE

## CCGS INJURY CLINIC

What to do when you get injured at school sport?

### R

#### REST

*No activity, running, sport*

### I

#### ICE

*Ice for 20 minutes every 2 hours*

### C

#### COMPRESSION

*Use a compression bandage or skins to assist swelling management*

### E

#### ELEVATION

*Elevate the affected/injured body part to assist swelling management*

**Visit the Coast Sport Physiotherapist at the CCGS clinic.**

**Location:** First aid room of the RLC

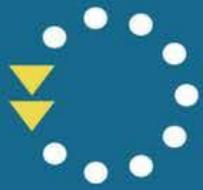
**When:** Mondays between 3-5pm

**Booking:** Email ([paul.geddes@ccgs.nsw.edu.au](mailto:paul.geddes@ccgs.nsw.edu.au)) or talk with Paul Geddes to organise a time

**Cost:** \$40 (claimable via private health)

*If you are unable to attend the CCGS Clinic, please call our rooms on 4356 2588 to organise a time in the Coast Sport Clinic to have your injury assessed.*

**Feel Well | Move Well | Perform Well**



# COASTSPORT

PHYSIO + SPORTS MEDICINE

## OPEN 7AM to 7PM

### 6 Days Per Week

#### Services:

- Physiotherapy
- Podiatry
- Sports Nutrition
- Exercise Physiology
- Massage
- Clinical Pilates
- Yoga
- Work Injury
- Sports Coverage
- Sports Medicine
- Sports Screening
- Orthopaedics



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